

Marines NASCAR & XTREME SPORTS

Fueling The Adrenaline Rush

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NASCAR

While NASCAR drivers zoom around with far more under the hood than anything you'll find on a commercial lot, their sport has its roots in the basic automobile. In the late 1940s, NASCAR held races with "stock cars"—the kinds of cars stocked by car dealers.

NASCAR has driven many miles since then, and the Marine Corps has followed with the sponsorship of NASCAR driver Bobby Hamilton, Jr.

In June of 2003 Hamilton won the Meijer 300, at Kentucky Speedway. In July of 2003 he won the Tropicana Twister 300 at Chicagoland Speedway. Both races are part of NASCAR's Busch series.

BMX

Racing bicycles on rough courses is the essence of BMX – Bicycle Motocross.

A BMX race lasts about 40 seconds, and typically involves riding around a track that includes dirt-mound jumps and banked corners. The sport started in the 1970s as an affordable alternative to motorized racing.

Is it any wonder why Marines migrate to this extreme sport? It's an adrenaline rush that satisfies the competitive edge and the thrill of challenge—some of the same ingredients of winning battles. **M**

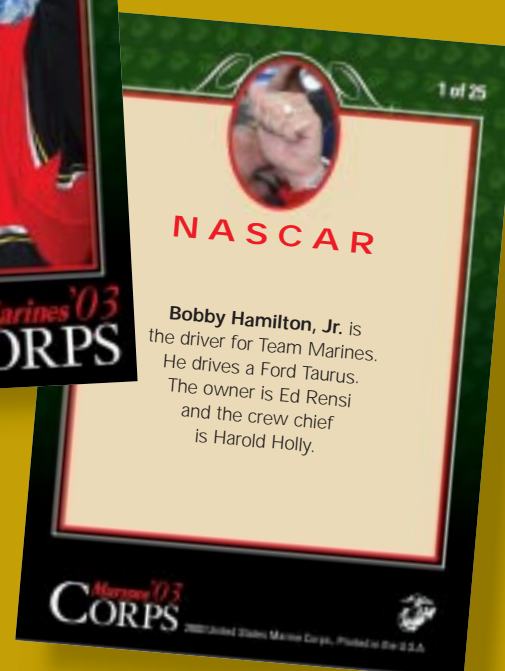
NASCAR Facts

- To win a championship in NASCAR, a driver must finish the year with the most points. Winning a single race is worth 175 points, but even those who finish last in a race get a few points. Also, points are awarded for leading during a race.
- In NASCAR, a "superspeedway" is a track that is one mile or longer.
- Physics has its imprint all over NASCAR racing. For example, drivers and mechanics might use a spoiler to increase downward air pressure, thereby improving their car's ability to corner at higher speeds.
- Cars in NASCAR make full use of modern engineering. For example, race teams use wind tunnels to evaluate the aerodynamics of their cars, and they use computer simulations to help determine the ideal car setup for a particular track.
- Before a NASCAR race, drivers take the track individually and race the stopwatch. The fastest time earns the best starting position, also known as the pole position.



< Bobby Hamilton, Jr. celebrates the No. 25 Team Marines victory in the Tropicana Twister 300 Busch Series Race at Chicagoland Speedway July 12.

Photo courtesy of TMR Racing



Bobby Hamilton Jr.

- In 2002, led Team Marines to a top 10 finish in the Busch Series.
- Drove the Team Marines Ford Taurus to victory in the 2002 Busch 200 at New Hampshire International Speedway.
- Won the Meijer 300 at Kentucky Speedway in June, 2003.
- Won the Tropicana Twister 300 at Chicagoland Speedway in July, 2003.



< Capt. Michael Holt, Marine Corps Base Quantico, Va., maneuvers around a tree during a practice round for the National Off-Road Bicycle Association (NORBA) race at Mt. Snow, Vt.

Photo by Sgt. Chad Simon





< **Staff Sgt. Christian Jiminez**, Recruiting Station Fort Lauderdale, Fla. presents a Marine Corps snowboard to a Chin-Up Challenge winner at the Winter X Games at Buttermilk Mountain in Aspen, Colo.

Photo by Gunnery Sgt. James Cohn



Xtreme Sports Facts

- Bicycle Motocross began in Southern California in the early 1970s.
- More than 150,000 people currently participate in BMX races in America.
- The skateboarding competition in the most recent X Games was held at the Staples Center in Los Angeles. Ironically, the Staples Center normally forbids the use of skateboards.
- Snowboarding grew out of two other "Extreme Sports" – skateboarding and surfing.
- Some snowboarding pioneers launched the sport in the 1950s, but the first true snowboard to hit the market appeared in the 1960s.
- By the standards of pro sports, professionals in "Extreme Sports" are low-paid. According to CNN.com, they make between \$15,000 to – at the most – \$200,000.



▼ **Lance Cpl. Nathan Jones**, Marine Corps Base Camp Butler, Okinawa, Japan, turns a corner and prepares for the next jump on the track. Jones competed in the U.S. pro class and is honing his Motocross skills to become even more competitive.

Photo by Lance Cpl. Elsa Portillo

